

**We claim:**

5 1. A process for preparing a comestible product containing high molecular weight alcohols comprising:

providing a high molecular weight alcohol; *relefive*.

10 providing an edible oil containing less than about 12 weight percent linolenic acid that is substantially free of medium chain triglycerides composed of C<sub>8</sub> to C<sub>10</sub> fatty acids;

admixing said high molecular alcohols in said edible oil to form a high molecular weight alcohol/edible oil admixture that contains less than two weight percent high molecular weight alcohol; and combining said admixture with other components of a comestible product.

2. The process of claim 1 wherein the high molecular weight alcohol is policosanol.

3. The process of claim 1 wherein the high molecular weight alcohol is octacosanol.

4. The process of claim 1 wherein the edible oil is a vegetable oil.

20 5. The process of claim 1 wherein the comestible product is a non-continuous oil phase product.

6. The process of claim 5 wherein the non-continuous oil phase product is a margarine.

25 7. The process of claim 5 wherein the non-continuous oil phase product is a spread.

8. The process of claim 5 wherein the non-continuous oil phase product is a salad dressing.

9. The process of claim 4 wherein the non-continuous oil phase product is a mayonnaise.

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10. The process of claim 1 wherein the amount of the long chain alcohol admixed in the edible oil comprises from about 0.0001% to about 0.4 weight % of the comestible product.

35 11. The process of claim 1 wherein the amount of the high molecular weight alcohol admixed in the edible oil comprises from about 0.001% to about 0.01% of the comestible product.

*See also 2*

12. Method for preparing a long chain alcohol in an edible oil material comprising:  
providing an edible oil substantially free of medium chain triglycerides composed  
of C<sub>8</sub>-C<sub>10</sub> triglycerides and containing less than about 10 weight percent linolenic acid;  
providing a long chain alcohol;  
admixing said edible oil and long chain alcohol in the presence of an energy source  
such that the long chain alcohol is admixed in the oil; said long chain alcohol/edible oil  
admixture is stable and substantially free of an emulsifier or surfactant; and having a  
viscosity of less than about 200 centipoise as measured at 70 °F.

10 13. The method of claim 10 wherein the long chain alcohol and oil are heated to a temperature  
of from about 160 to about 180 °F.

14. The method of claim 11 wherein the long chain alcohol is provided at a level of from about  
0.1 to about 2 weight percent based upon the level of the oil.

15 15. The method of claim 12 wherein the long chain alcohol is policosanol.

16. The method of claim 13 wherein the policosanol has an octacosanol content of greater than  
about 65 weight percent.

20 17. A composition comprising :  
a stable edible oil /long chain alcohol admixture substantially free of an emulsifying or  
surfactant agent, the edible oil substantially free of medium chain triglycerides composed of C<sub>8</sub>-C<sub>10</sub>  
triglycerides and containing less than about 10 weight percent linolenic acid;  
the admixture having a viscosity of less than about 200 centipoise as measured at 70 °F.

18. The composition of claim 15 wherein the long chain alcohol is from about 0.1 to about 2 weight  
percent of the total composition weight.

30 19. The composition of claim 16 wherein the long chain alcohol is policosanol.

20. A method of reducing cholesterol in a vertebrate comprising:  
providing an effective amount of the comestible product of claim 1.

35 21. The method of claim 20 wherein the comestible contains about 0.1 to about 100 milligrams of  
high molecular weight alcohol per serving size.

22. A method of reducing cholesterol in a vertebrate comprising administering an effective amount of the composition of claim 17.

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